



Carreras de orientación (Color): Guía de aprendizaje (Deportes nº 67) (Spanish Edition)

Carol McNeill, Jean Cory-Wright, Tom Renfrew

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La carrera de orientación es una actividad deportiva y de recreo que puede practicarse a muchos niveles y es adecuada para todas las edades. Puede iniciarse con el aprendizaje de ideas básicas en el aula, patios de colegios o parques locales y puede desarrollarse para que llegue a convertirse en una estimulante actividad al aire libre para todos. Este libro es una herramienta de referencia del deporte de carreras de orientación, tanto para profesores y entrenadores como para monitores. Aporta, al lector, un enfoque metodológico para acercar, introducir y desarrollar las habilidades y las técnicas de este deporte. Los autores proporcionan proyectos de enseñanza completos y muchas lecciones, juegos y actividades de entrenamiento para alumnos de primaria y secundaria. Los objetivos de cada ejercicio, la edad del grupo y los niveles de habilidad se establecen claramente y se sugieren ejercicios complementarios. Todas las propuestas están profusamente ilustradas con mapas, diagramas y fotos, presenta ideas para enseñar a interpretar mapas, usar el compás. Carol McNeill. Entrenadora sénior de la British Orienteering Federation, con más de veinte años de experiencia enseñando y entrenando en carreras de orientación a niños y adultos de todas las edades. Jean Cory-Wright. Entrenadora de la British Orienteering Federation. Ha enseñado orientación durante más de doce años y ha representado a Gran Bretaña en seis Campeonatos Mundiales de Orientación. Tom Renfrew. Es profesor sénior en la Universidad de Strathclyde. Director de los Programas de Deporte y Educación en Orientación.

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